

PRSR STD  
U.S. POSTAGE  
PAID  
BLUECROSS  
BLUESHIELD  
OF TENNESSEE, INC.

## Just for You

801 Pine Street  
Chattanooga, Tennessee 37402-2555  
www.bcbst.com

BlueCross BlueShield of Tennessee, Inc.  
an Independent Licensee of the BlueCross BlueShield Association  
® Registered marks of the BlueCross BlueShield Association, an  
Association of Independent BlueCross BlueShield Plans  
Benefits are administered by Volunteer State Health Plan, Inc., a  
licensed HMO affiliate of BlueCross BlueShield of Tennessee, Inc.  
No person on the grounds of race,  
color, national origin, sex, age, religion  
or disability shall be excluded from  
participation in, be denied the benefits  
of, or be subjected to discrimination  
under any program or service provided  
by Volunteer State Health Plan, Inc.  
This document is classified as public information

For information about interpretation and translation services which  
are free to the enrollee, BlueCare members call 1-800-468-9698.  
TennCareSelect members call 1-800-263-5479.

## Click It or Ticket

Imagine you're out driving with  
your friends. No one is wearing a  
seatbelt, and you roll up on a  
safety belt checkpoint. There are  
flashing lights, maybe some TV  
cameras, and lots of police  
officers. LOTS of police officers.  
They wave you over, ask for your  
license, and then a few minutes  
later they give you an expensive  
ticket – maybe with points.  
You're so busted.

When it comes to seatbelt  
safety, it is wise to "be in the  
click." Especially since teenagers  
have the highest crash risk of  
any age group. In fact, two out  
of five deaths among U.S. teens  
are the result of a motor vehicle  
crash.

When you're in your teens,  
your whole future lies before  
you. It's hard to imagine that  
something as simple as wearing  
a seatbelt can determine  
whether you have a future at all.

Studies show that buckling  
your seatbelt when you get in a  
car or truck can drastically  
increase your chance of survival  
if you're in a crash. Another  
reason for buckling up — it's the

law. In Tennessee, a law  
enforcement officer can write a  
ticket if he or she simply sees an  
unbelted driver or passenger.

The next time you hop in your  
car, click your seatbelt, obey the  
traffic laws and don't drink and  
drive, or you may become an  
alarming statistic like the ones  
below.

### Did You Know . . .

- Motor vehicle crashes are the leading cause of death for people from 15 to 20 years old.
- In 2003, 154 teens died in crashes in Tennessee; 69 percent were not wearing seatbelts.
- Drivers are less likely to use seatbelts if they have been drinking alcohol.
- The severity of a crash increases with alcohol use. In 2002, 24 percent of drivers 15 to 20 years old who were killed in crashes were drunk.

Source: National Highway Traffic Safety  
Administration

BlueCross BlueShield  
of Tennessee  
www.bcbst.com

## Just for You

For BlueCare and TennCareSelect members under age 21

## Grab 5 and Jive



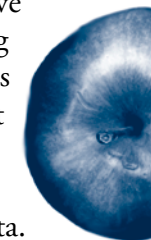
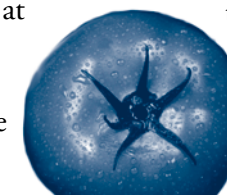
Are you a few (or several) pounds  
overweight? You are not alone. The  
percent of teens who are overweight  
continues to increase. But now is the  
time to do something about it.

Studies have shown overweight  
youth are at high risk of becoming  
overweight adults. And that can affect  
more than your appearance.

Overweight people are at  
risk for heart disease,  
diabetes, high blood  
pressure, stroke and some  
forms of cancer.

Here's what you can do now.  
**Eat 5 to 9 fruit and vegetable  
servings a day**

Since fruits and vegetables come  
fresh, frozen, canned, dried and as  
100 percent juice, you have  
lots of options. Try adding  
fruit or vegetables to foods  
you already eat – like fruit  
to your cereal and  
yogurt, or vegetables  
to your pizza and pasta.



### How big is a serving?

These are considered a  
serving:

- A medium-size piece of fruit
- ¾ cup (6 fl. oz.) of 100 percent fruit or vegetable juice
- ½ cup cooked or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- ½ cup cooked dry peas or beans
- ¼ cup dried fruit

### Move it!

Regular physical activity  
helps build and maintain  
healthy bones and muscles.  
Exercise also helps reduce the  
risk of getting chronic diseases.  
And it reduces feelings of  
depression. Try to get 60

(continued on page 2)

BlueCare®  
TennCareSelect

Para información acerca de  
TennCare in español, llame as  
1-866-311-4290.

2nd Quarter 2005

TENNder CARE  
Check In Check Up Check Back  
TENNESSEE'S EPSDT PROGRAM

## Thanks for Returning Survey

Thanks to all of you who  
took time to fill out and return  
the quiz and survey in the last  
issue of *Just for You*. We are  
currently reviewing the health  
topics that you told us that  
you wanted to see in future  
issues. We hope to bring you  
news on as many of these  
topics as possible.

## Congrats to Lucky Winners

Six winners were drawn from  
the returned quiz/surveys. Each  
winner received a \$100 Kmart  
gift card.

## Think About It

If you feel sad, bad or  
totally weird, talk to  
somebody! Don't suffer  
in silence. Talk to your  
mom or dad, or another  
adult you trust.

# Acne: a Four-Letter Word



When your face breaks out with pimples, you may think, “Why me?” But the reality is that acne is a common skin disorder that is part of growing up.

Acne most often occurs between the ages of 12 and 20. When you start to mature, you begin to produce more hormones, which cause excess oil to build up in your pores. When this oil and dead skin cells clog the pores, it causes whiteheads, blackheads and pimples.

Good skin care plays an important role in treating acne. Follow these skin care guidelines from the American Academy of Dermatology:

1. **Do NOT pop, squeeze or pick at acne.**  
This can make acne worse by spreading inflammation.
2. **Gently wash your face twice a day with a mild cleanser and pat dry.**  
Acne is not caused by poor hygiene, and vigorous washing and scrubbing will not clear your skin. In fact, all that scrubbing can irritate your skin and make acne worse. The way to clear acne is with appropriate acne products and good skin care.

3. **Use cosmetics and toiletries that do not clog pores.**  
When buying cosmetics and other products that you will use on your skin or hair, be sure to look for ones labeled “noncomedogenic.” These are not likely to clog pores.
4. **Don’t make your acne worse.**  
Oily hair, sports equipment that rubs against your skin and airborne grease all can irritate and make your acne worse. Ways you can avoid these situations include:
  - If you have oily hair, keep it off your face and wash it daily.
  - Avoid using hair care products that contain oil, such as gels.
  - Wear cotton clothing or moleskin under sports equipment to avoid skin-to-equipment contact.
5. **Give acne products enough time to do their job.**  
Ask your doctor or pharmacist how much time is needed for each particular product to work. It often takes 6 to 8 weeks before you begin to see an improvement.
6. **Use medications as directed.**  
Using more medication than directed will not improve results. In fact, it can make acne worse by aggravating the skin. Be sure to read all labels and use as instructed.
7. **Avoid excess exposure to sunlight. Do not use tanning booths or sun lamps.**  
Contrary to popular belief, tanning does not clear acne; it simply masks acne. Tanning also increases your risk of developing melanoma and other skin cancers. Some acne treatments can increase the skin’s sensitivity to sunlight and ultraviolet light from tanning booths and sun lamps. If you have acne, it is important to protect your skin. Wear sunscreen and avoid sunburns.

Source: American Academy of Dermatology

## Grab 5 and Jive continued from page 1

minutes of physical activity most every day. You can even break the 60 minutes in smaller increments during the day. Exercise burns calories. To lose weight, you must burn more calories that you consume in food. If you eat 100 more food calories a day than you burn, you’ll gain about one pound in a month – or about 12 pounds in a year.

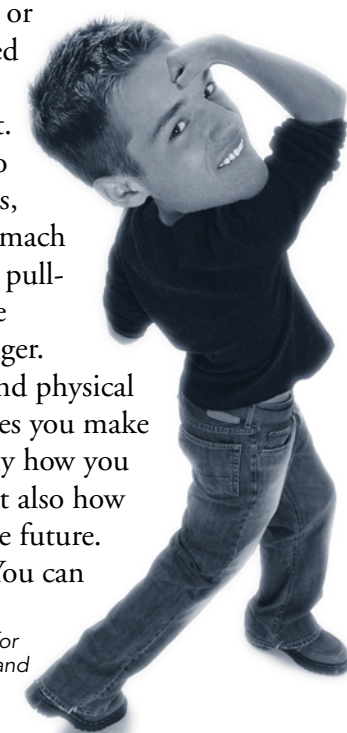
You don’t have to belong to a gym or health club to exercise. Pick an activity that you enjoy, and do it! Some exercise that burns fat and makes your heart muscle stronger includes:

- Fast walking
- Jogging
- Swimming
- Dancing
- Cycling
- Basketball
- Jumping rope
- Hiking
- Rollerblading
- Tennis

For exercises that build muscle strength, you don’t need any special athletic equipment. You can use canned foods or milk jugs filled with sand as weights to lift. In addition to lifting weights, push-ups, stomach crunches and pull-ups also make muscles stronger.

The food and physical activity choices you make affect not only how you feel today, but also how you feel in the future. Get started. You can do it!

Source: Centers for Disease Control and Prevention



## Commonly Asked Questions About

### What is an STD?

STD stands for “Sexually Transmitted Disease.” These infections are passed from person to person during sexual activity (vaginal, oral or anal intercourse). Some infections are curable, while others are not. Some STDs can cause serious health problems including blindness, heart disease, mental illness, joint damage and even death. It is estimated that more than 15 million new cases of STDs occur in the U.S. each year. Nearly one-fourth of the new cases occur among teenagers.

### Who can get an STD?

Anyone who engages in sexual activity.

### How do I know if I have an STD?

Since many STDs do not have any obvious symptoms, the only sure way to know is by having a medical exam and lab tests.

### Do latex condoms protect you from getting an STD?

For sexually active people, the most effective strategy for

reducing the risk of STDs and preventing HIV/AIDS is correct and consistent use of latex condoms. However, research shows that condoms may not provide as much protections against some STDs such as HPV (genital warts).

### How can I prevent an STD?

Abstinence (not having vaginal, anal or oral sex) is the best and only 100 percent effective way to prevent getting a sexually transmitted disease.

Only having sex with one person who has been tested and shown not to have STDs is the next best way to prevent getting HIV/AIDS and other STDs.

### If I am taking birth control pills, can I still get an STD?

Yes! Birth control pills only protect against pregnancy, not STDs.

### What should I do if I think I have an STD?

If you think you have been exposed to an STD, you should go to your doctor as soon as possible

to be tested and treated.

### When should I have a checkup?

All sexually active teens should be seen by a health provider to be screened for STDs. Teens who have had sex with more than one person are at greater risk of getting an STD or HIV/AIDS.

Source: U.S. Department of Health & Human Services

## Common STDs

**Chlamydia** – can cause pain while urinating. May also cause a yellowish discharge from the penis or vagina.

**Genital herpes** – can cause painful blisters or open sores in the genital area.

**Genital warts** – first appear as small, hard bumps in the vaginal area, on the penis or around the anus.

**Gonorrhea** – can cause pain while urinating and a discharge from the penis or vagina.

**Syphilis** – symptom is usually a painless open sore on the penis or vagina. It can also occur near the mouth, anus or on the hands.

## Need a Ride to your Doctor Visit?

If you and your parents are having trouble finding a way to get to your doctor for your annual checkup, don’t worry.

A ride to TENNderCARE visits is provided free. Just call the Department of Children Services.

## Get Free Checkup

Going to the doctor may not be on anyone’s “favorite things to do” list, but it is a lot better to get a checkup when you are well than wait until you have serious problems.

A well-care checkup every year is free for BlueCare and TennCareSelect members under age 21 through the TENNderCARE Program. The doctor can find little problems and treat them before they become big problems.

## Mike the Myth Slayer

**Myth:** I can’t get a disease from having oral sex.

**Mike:** *Wrong.* During oral sex, there is skin-to-skin contact and there can be body fluid exchange.

